



		Monday	Tuesday	Wednesday	Thursday	Friday															
		02/10	03/10	04/10	05/10	06/10															
Lunch	Sides	Naan bread	Mixed salad	Coleslaw	Peas	Hummus															
		Cucumber salad	Tomato and basil		Mixed salad	Carrots & cucumber sticks															
	HOT	Basmati rice	Herbed couscous	Boiled potatoes with herbs																	
		D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V
		Beef curry	Harissa and tomato meatballs	Jerk chicken thighs	Beef lasagne	Pizza margarita															
		D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V
	Vegetarian	Sweet potatoes and chickpea curry	Vegetable meatballs	Vegetable kebabs	Vegetarian lasagne																
		D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V
	Dessert	Whole fruit	Jelly	Cinnamon and vanilla rice pudding	Whole fruit	Fruit platter															
		D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V



For any questions, suggestions, or complains, please contact the chef:

junior@jplcatering.co.uk
 ☎ 07966380868
 www.jplcatering.co.uk



If you have any food allergy, please speak with a member of the catering team. Thank you!

D = DAIRY FREE | E = EGG FREE | G = GLUTEN FREE | H = HALAL | V = VEGETARIAN

ALL THE FOOD IS NUT FREE AND THE KITCHENS ARE A NUT FREE ENVIRONMENT



		Monday	Tuesday	Wednesday	Thursday	Friday
		09/10	10/10	11/10	12/10	13/10
Lunch	Sides	Mixed leaves	Tomato salad	Yorkshire pudding	Potato salad	Homemade bread
		Cucumber with mint	Broccoli	Carrots	Mixed leaves	Coleslaw
	HOT	Carrot basmati rice	Mashed potato	Roast potatoes	Wraps	
		D E G H V	D E G H V	D E G H V	D E G H V	D E G H V
		Chicken in pumpkin sauce	Chicken & beef sausages	Roasted beef	Chicken with mixed vegetables	Lamb jollof rice
	D E G H V	D E G H V	D E G H V	D E G H V	D E G H V	
	Vegetarian	Lentil stew	Vegetarian sausage	Vegetable wellington	Stir fried vegetables	Vegetable jollof rice
		D E G H V	D E G H V	D E G H V	D E G H V	D E G H V
	Dessert	Whole fruit	Jelly	Fruit plater	Whole fruit	Yogurt with peaches
		D E G H V	D E G H V	D E G H V	D E G H V	D E G H V



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		Monday	Tuesday	Wednesday	Thursday	Friday																				
		16/10	17/10	18/10	19/10	20/10																				
Lunch	Sides	Mixed salad	Tomato and basil	Broccoli	Garlic bread	Cucumber sticks																				
		Grated carrots	Mixed vegetables	Peas	Mixed leaves with herb dressing	Coleslaw																				
	HOT	Carrot rice	Root vegetable mash	Sauté potatoes		Roasted potato wedges																				
		D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V
		Boneless chicken thighs chasseur	Beef stew	Roast chicken drumsticks	Beef lasagne	Breaded fish																				
	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	
	Vegetarian	Mixed beans stew	Vegetable stew	Roasted butternut squash with feta	Minced mushroom lasagne	Aubergine parmigiana																				
		D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V
	Dessert	Whole fruit	Fruit salad	Apple crumble	Jelly	Sliced melon																				
		D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V	D	E	G	H	V



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